

Comparisons of Job Characteristics

Focus Occupation: [Fitness Trainers and Aerobics Instructors \(39-9031\)](#)

Associated Occupation: [Massage Therapists \(31-9011\)](#)

[Compare Knowledge](#)

[Compare Skills](#)

[Compare Abilities](#)

[Compare Detailed Work Activities](#)

[Compare Tools and Technologies](#)

<<	Focus occupation element is much lower
<	Focus occupation element is lower
0	Focus occupation element is at a similar level
>	Focus occupation element is at a higher level
>>	Focus occupation element is at a much higher level

Knowledge

Similarity of Focus Occupation to Associated Occupation: 76

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Massage Therapists (31-9011)

Associated Occupation's Key Knowledge Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation
Customer and Personal Service	11.3	10.2	16.8	>> Current knowledge level is likely more than sufficient
Psychology	6.4	10.0	10.6	0 Current knowledge level may be sufficient
Therapy and Counseling	3.8	9.7	6.1	<< Extensive education and/or training may be required
Sales and Marketing	5.2	7.1	6.2	< Expanded education and/or training may be required
Medicine and Dentistry	3.7	6.0	6.0	0 Current knowledge level may be sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Skills

Similarity of Focus Occupation to Associated Occupation: 81

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Massage Therapists (31-9011)

Associated Occupation's Key Skills Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating	Evaluation of Focus Occupation
Active Listening	11.0	12.7	10.7	< A higher skill level may be required
Speaking	10.8	12.0	10.8	< A higher skill level may be required
Service Orientation	7.9	10.0	11.5	> Skill level is likely sufficient
Persuasion	7.4	8.3	7.7	0 Current skill level may be sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Abilities

Similarity of Focus Occupation to Associated Occupation: 73

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Massage Therapists (31-9011)

Associated Occupation's Key Abilities Elements	Average Rating, All Occupations	Associated Occupation's Rating	Focus Occupation's Rating		Evaluation of Focus Occupation
Multilimb Coordination	6.0	11.6	10.1	<	Some improvement in abilities may be required
Trunk Strength	5.7	11.1	14.1	>>	Current ability level is likely more than sufficient
Dynamic Strength	3.5	11.0	12.2	>	Current ability level is likely sufficient
Manual Dexterity	6.5	11.0	7.1	<<	Extensive improvement in abilities may be required
Arm-Hand Steadiness	6.8	10.2	7.6	<<	Extensive improvement in abilities may be required
Static Strength	5.0	8.5	10.8	>	Current ability level is likely sufficient
Stamina	4.0	8.4	13.8	>>	Current ability level is likely more than sufficient

The maximum possible rating is 25.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Activities that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 81

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Massage Therapists (31-9011)

Work Activities	Exclusivity of Activity
Use massage therapy procedures	81

Not all positions in these occupations will necessarily perform all of the listed activities. The exclusivity rating is an indication of how unique the activity is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations engage in that activity.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.

Tools and Technologies that Both Occupations Have in Common

Similarity of Focus Occupation to Associated Occupation: 54

Focus Occupation: Fitness Trainers and Aerobics Instructors (39-9031)

Associated Occupation: Massage Therapists (31-9011)

Tools and Technologies	Exclusivity
Computers	1
Content authoring and editing software	1
Industry specific software	1
Rehabilitation exercise devices and equipment	24

Not all positions in these occupations will necessarily use all of the listed tools and technologies. The exclusivity rating is an indication of how unique the tool or technology is amongst all occupations. The maximum rating is 100. High scores indicate that only a small number of occupations use that tool or technology.

Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section analysis of O*NET (Occupation Information Network) data.